



News Release

Office of Councilmember Rose Herrera

For Immediate Release
May 20, 2011

Contact:
Dominique Reynaga
(408) 535-4908

Walk your Way to Wellness!

*Councilmember Rose Herrera invites seniors to flex their power
at the 3rd Annual Senior Fair*

SAN JOSE, May 20, 2011 – Councilmember Rose Herrera, along with co-sponsors Eastridge Mall, Breathe California of the Bay Area, Regional Medical Center of San Jose, Fresco World Markets, PG&E, El Observador and The Epoch Times invite the San Jose senior community to join the 3rd Annual District 8 Senior Health Fair and Walk. The event will take place on Saturday, May 21, 2011 at Eastridge Mall, which is located at 2200 Eastridge Loop from 8:30 to 11:30 a.m. near Entrance “C” (near Barnes & Noble and Bed, Bath & Beyond). The resource fair expects more than 300+ seniors to attend and will feature more than 60 local service providers available to assist seniors with beneficial health information and screenings.

“According to the American College of Sports Medicine, by the year 2030, the number of individuals in the United States 65 years and over will reach 70 million, and people 85 years and older will be the fastest growing segment of the population,” said Councilmember Rose Herrera. “It is important we focus on health and wellness as we move along in life. This event is the perfect occasion for seniors to get some exercise while learning about all the resources that are available to them. It also helps promote the idea of Mall walking where the walking surface is even, the temperature is regulated and the environment is safe.”

To start off the morning, San Jose seniors will enjoy a free, healthy breakfast and participate in an interactive Tai Chi lesson by the Evergreen Village Square Tai Chi. Following registration, U. S. Track and Field Masters and Olympic Weightlifting champion, Patty Purpur will speak and the East Valley Family

YMCA will lead the walk and fitness circuit with a Zumba Gold warm-up exercise. Ms. Purpur is currently Director of the Stanford Health Improvement Program. On the fitness circuit, participants will learn new exercises led by Generations Community Wellness Center.

Raffle prizes, product giveaways and a visit from San Jose Giants mascot, Gigante, will keep things fun! This event is open to all seniors and pre-registration is not required.

Program

8:30 - 9:30 a.m. – Registration, Breakfast, and an interactive demonstration by the Evergreen Village Square Tai Chi

9:30 - 10:00 a.m. – Kick Off Celebration with welcome speeches from Councilmember Rose Herrera and guest speaker, Patty Purpur – U.S. Track and Field Masters Champion and Olympic Weightlifting Champion!

10:00 - 11:30 a.m. – Walk, Resource Fair, and Raffle

List of local businesses and service agencies participating

Active Over 50 Magazine
Affordable Senior Care
Alzheimer's Association
American Cancer Society
Angel's Touch Home Care
B&A Realtors/Villages Golf and Country Club
Bay Area Mortuary
Bay Area Older Adults
BeaconRidge Health Insurance Services
Breathe California of the Bay Area
Caremore Health Plan
Catholic Charities CalFresh Outreach Program
Catholic Charities of Santa Clara County
City of San Jose – Environmental Services Department
City of San Jose – Office of Emergency Services
City of San Jose Housing Department- Foreclosure Help, Landlord/Tenant Rights, Rental Rights
City of San Jose Housing Department- Rehabilitation Program
Community Health Partnership
Council on Aging Silicon Valley
District 8 Community Roundtable
Dwight Johnson Agency
East Valley Family YMCA
El Observador
Fresco World Market
Furry Friends Pet Assisted Therapy
Generations Community Wellness
Healthy Steps in Silicon Valley
Independent Police Auditor's Office - City of San Jose

Kaiser Permanente
Law Offices of Nancy Williamson and Jesse G. Dogillo, CFP
Live Oak Adult Day Services
Los Gatos Memorial Park
Master Gardeners of Santa Clara County
Nathan Notary
Next Door Solutions To Domestic Violence
Office of Supervisor Dave Cortese
Outreach
Pacific Gardens Assisted Living and Memory Support
Rebuilding Together
Regional Medical Center of San Jose
Royal Ambulance, Inc.
Santa Clara County Victim Witness
Santa Clara Valley Blind Center
Senior Helpers Greater San Jose
Senior Companions at Home
Senior Helpers Greater San Jose
Seniors Council Foster Grandparent Program
Social Security Administration
Stroke Awareness Foundation
Tri Synergy Community
Visiting Angels San Jose
Walgreens

###